REGINA metro®

NEWS WORTH SHARING.

PRAIRIE SKIES MUSICAL THEATRE CO. PRESENTS

YOU'RE A GOOD MAN, CHARLIE BROWN

AUG 6-24 2013

PRAIRIE SKIES musical theatre co.

FOR MORE INFORMATION & TO PURCHASE TICKETS

PRAIRIESKIESSK.COM

BODY IMAGE NO BIG DEAL FOR DAMON

STAR OF THE SCI-FI ACTION FLICK ELYSIUM SAYS HIS WIFE LOVES HIM WHETHER HE'S BUFF OR 40 POUNDS OVERWEIGHT PAGE 7

Cinema STARS

NEXT MOVIE FRIDAY AUGUST 16

What family friendly movie would YOU like to see? Chime in on Facebook!

www.facebook.com/ReginaDowntownBID

personally brought to you by PotashCorp

REGINA DOWNTOWN.CA

Greg Hanwell, partner of Regina's Beer Bros. Gastropub and Deli, welcomes a new regulation that came into effect Tuesday that permits restaurants to sell cases of specialty beer directly to customers.
MARCO VIGLIOTTI/METRO

Updated liquor regulations come into effect

Minor victory. Goal is to have the government totally revamp the province's dated liquor laws, according to Greg Hanwell, who works in the industry

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Another 37 updated provincial liquor regulations went into effect Tuesday, including rules that will allow spas and salons to serve alcohol and permit restaurants to sell cases of specialty beer directly to customers.

"There has never been a single day that this business has been open where somebody didn't ask us, 'Hey, I really like this, can I take it home?'" said Greg Hanwell, partner of Regina's Beer Bros. Gastropub and Deli, about the demand from customers to purchase some of the establishment's specialty ordered brews.

But he noted the regulations still require customers to order a meal before purchasing the beer, and they limit the selection to special-order products.

Last November, the provincial government announced plans to alter 77 liquor regulations, with the first 39 changes brought into force this past May.

The final regulation, which will permit striptease and wet-clothing contests in bars, will come into effect on Jan. 1, 2014.

These updated regulations were developed as part of the work of a government task force aiming to reduce red tape across provincially regulated sectors, said Donna Harpauer, the minister responsible for the Saskatchewan Liquor and Gaming Authority, which oversees the liquor regulations.

The goal is to shift the intent of Saskatchewan's liquor laws from "protectionism to common sense," she told Metro on Tuesday.

While these initial changes should benefit restaurants across Saskatchewan, Hanwell said the new regulations only constitute a minor victory; the long-term goal is to have the government totally revamp the province's dated liquor laws.

"We won a football game (with the new regulations), but it's not a playoff game," said Hanwell. "There are still games to go and the Grey Cup would be a rewrite of the regulatory body."

Year End LIQUIDATION BLOWOUT SALE! SEE STAFF FOR DETAILS*

THE SHOWROOM IS STOCKED! THE WAREHOUSES ARE LOADED.....

Huge Selection at BLOW OUT PRICES!

•FLOORING•FURNITURE•ACCESSORIES

savings up to 60% Off*R.P. PLUS WE PAY THE TAX*

2410 Dewdney Avenue (306) 757-1500

fiorante FLOORS & HOME FURNISHINGS

NEWS 1

Regina Folk Festival gears up for another big year

Singer Feist, seen here at the Newport Folk Festival last weekend, is headlining the Regina Folk Festival on Friday night. NEIL SWANSON/CREATIVE COMMONS

Annual event.
Takes place Aug. 9 to 11 at Victoria Park

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The city's Victoria Park will be bustling with people this week as the downtown green space is transformed for the annual Regina Folk Festival.

Thousands of people will flock downtown over the weekend to see headliners Feist, Neko Case and Hayden, as well as local Saskatchewan talent such as Rah Rah and Close Talker, take on its five stages.

"The challenge is to have a variety of artists that people recognize and Regina is definitely a city where people are still looking for their favourites," said Sandra Butel, who has been the festival's artistic director for the past 15 years.

"But also, the audience really wants to be surprised and wants to discover new artists."

Butel says it's definitely more than the music that brings people out to the three-day festival — it's the variety of the 30 artists, the food and the arts market.

"The music drives you in and partway through the weekend, you realize it's really about the community," Butel said.

"It's really about having a good excuse to be outside for three days."

The festival, which started 44 years ago as an indoor event at the old University of Regina campus, now boasts a budget of more than $1 million and four permanent staff.

"We spend more money on artists than we spent on everything before," Butel said.

"It's changed hugely over the history of the festival and has still kept a really nice feel to it, a really nice vibe."

Online

- For more information on the festival visit reginafolkfestival.com.

Psych assessment sought for woman who left baby in garbage

Sentencing for a 19-year-old Saskatoon woman, who sent the body of her newborn baby to a landfill in 2010, has been delayed for a second time after her lawyer requested a psychiatric assessment.

The woman, who cannot be named because she was a youth at the time of the offence, appeared in court on Tuesday afternoon. She pleaded guilty in May to neglecting to obtain assistance in childbirth and concealing the body of a child.

"This took place some time ago and I think we all want to be sure that my client, if she has any ongoing psychiatric or psychological needs or issues, that they're properly addressed when it comes time to sentence her," defence lawyer Leslie Sullivan said.

According to a release from the Saskatoon Police Service, on Oct. 27, 2010, police began receiving reports from various sources that a teenager had given birth to a baby sometime over the Thanksgiving weekend.

Police interviewed the then 17-year-old woman and determined that she had, in fact, given birth. Police say the woman placed the baby, which was deceased at that point, in a garbage container outside the home and the contents were then taken to the Saskatoon landfill.

Despite a thorough seven-day grid search of the landfill by the SPS forensic identification unit, the Calgary Police Service's cadaver-dog teams and forensic anthropologist Dr. Ernie Walker, police were unable to find any evidence in connection to the death.

The court heard Tuesday that the assessment could take anywhere from four to eight weeks to complete.

The woman is scheduled to be back in court on Oct. 3.

MORGAN MODJESKI/
METRO IN SASKATOON

Lawyer Leslie Sullivan
MORGAN MODJESKI/METRO IN SASKATOON

Border crossing

Toronto man makes court appearance, charged after pipe bomb found

A Toronto man appeared briefly in Weyburn court Tuesday on a charge of possessing an explosive device and is to appear again in court on Thursday.

Derek Joseph Formosa has been charged after border guards prevented a pipe bomb from being carried into Saskatchewan from North Dakota.

The 21-year-old was arrested Saturday after Canada Border Services Agency officers found a device in personal effects at the North Portal crossing.

One building was evacuated and the RCMP explosive disposal team was called in.

THE CANADIAN PRESS/CFSL

Saskatoon centre

Province will be taking over meat-inspection duties from federal government come Jan. 1

Canada's food-safety watchdog will no longer provide meat inspections in provincially regulated processing facilities in Saskatchewan in the new year.

The provincial government is to assume responsibility for the service on Jan. 1.

The province has awarded a contract for the meat inspections to a private non-profit co-operative called the Saskatchewan Food Industry Development Centre.

Saskatchewan Agriculture Minister Lyle Stewart says the centre is working to train inspectors to work in the 12 provincially inspected meat-processing facilities.

Stewart says he is confident the centre in Saskatoon will deliver rigorous inspections to ensure high-quality and safe meat products.

Currently, Saskatchewan pays the Canadian Food Inspection Agency to deliver meat-inspection services at the plants.

THE CANADIAN PRESS/CJWW-CKRM

Quebec. Father could face criminal charges after kids go car surfing

After two young girls were seen car surfing, police in Quebec have fined a 29-year-old La Pêche man and submitted his case to the director of criminal prosecutions to see if charges should be laid.

Two girls aged six and seven were seen July 17 and 18 riding on the hood of a car on Du Lac Vert Road in La Pêche, MRC des Collines police said in a news release. Witnesses called police and the force says that as a result of an investigation, charges of criminal negligence and child abandonment could be filed.

The man in question is the father of the six-year-old girl, while the other young girl is his spouse's daughter, police said.

Police said the man was fined $1,264 for allowing a person to be on an outer part of his vehicle.

METRO

Massachusetts

Cardboard cop cuts crime at bike racks

The burly officer watching over the bike racks at a Boston-area transportation hub is a real stiff.

As part of an effort to cut crime at the Alewife MBTA subway and bus station in Cambridge, Mass., transit police placed a cardboard cutout of a police officer in the bicycle cage. Hundreds of people use the racks daily.

Deputy Chief Robert Lenehan says the fake cop, along with video cameras and a new lock, has cut bike thefts by 67 per cent.

It's also a money saver. Lenehan estimates it would cost $200,000 a year to have an officer watch over the cage full-time.

THE ASSOCIATED PRESS

Bill. Ugandan lawmakers accused of stifling protests

Uganda's parliament on Tuesday passed a contentious bill that critics say will make it impossible to stage street protests against the country's long-serving president, following months of confrontation between the authorities and activists who had mounted a campaign to have the legislation jettisoned.

The Public Order Management Bill was passed five days after opposition lawmakers staged a fierce attempt to filibuster its passage amid concerns it gives Ugandan police dictatorial powers to decide who can stage a public event of a political nature. On Thursday an opposition lawmaker — in an apparent bid to delay voting on the bill — tore up a roster of lawmakers to vote on the bill as the speaker looked on.

Amnesty International said Monday that the legislation "represents a serious blow to open political debate" in a country that is seeing more and more protests against President Yoweri Museveni, who has held power for nearly three decades.

THE ASSOCIATED PRESS

Senator steps down over health troubles

A timely departure?
Liberal party insists Zimmer's exit not tied to expense scandal

Rod Zimmer and his wife, Maygan Sensenberger, appear in this undated Facebook photo. FACEBOOK

A Liberal senator who made headlines in 2011 when he married a woman more than four decades his junior is stepping down amid ongoing health concerns.

Rod Zimmer's departure, made known in a letter to the Governor General, was circulated around the Senate on Tuesday, and comes against the backdrop of an ongoing scandal over improper expense claims.

A spokesman for Liberal Sen. Jim Cowan, the leader of the Opposition in the Senate, says Zimmer's resignation is strictly health related and has nothing to do with the ongoing expense review.

His resignation letter was submitted late Friday and took effect immediately, according to a copy of the notice, obtained by The Canadian Press.

Zimmer, 70, has represented Manitoba in the upper chamber since being appointed in 2005 by former prime minister Paul Martin.

A longtime Liberal fundraiser and executive at CanWest Corp. and Manitoba Lotteries, Zimmer has been in and out of hospital several times this year, most recently in May with a respiratory ailment.

He also spent nearly three weeks in hospital last spring battling pneumonia.

Sources in the Senate said the timing of the resignation took them by surprise, but it was widely expected that Zimmer would eventually give up his seat because of his continuing poor health.

Prior to being appointed to the Senate, he was diagnosed in 2003 with throat cancer but bounced back.

Zimmer raised eyebrows last year when he married Maygan Sensenberger, 23, an aspiring actress.

A spokeswoman for Liberal Leader Justin Trudeau says Zimmer notified him ahead of time about his intention to leave.

His resignation leaves four vacancies in the Senate, and diminishes the ranks of the Liberal Opposition to 34 seats.

The governing Conservatives hold 60 seats and there are seven independents, including the four at the centre of the expense scandal.

The Harper government says it is intent on reforming the Senate.

Last week, in a brief filed with the Supreme Court, government lawyers argued the federal government does not need the approval of the provinces to proceed with the overhaul, and can abolish the upper chamber even without the unanimous consent of all premiers.

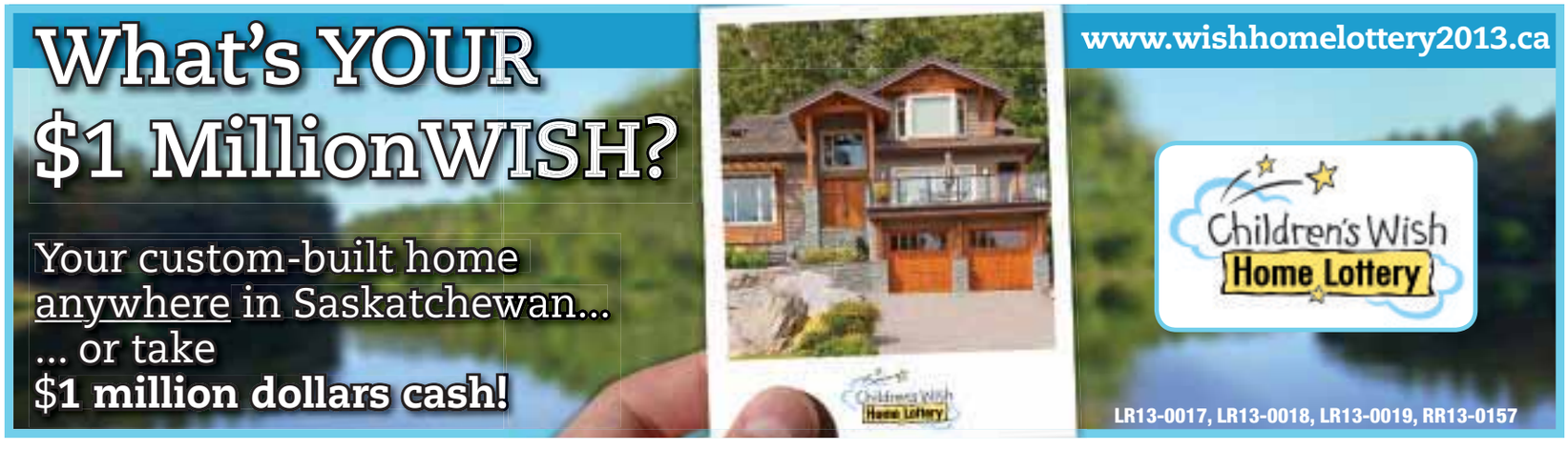
The government referred the question of Senate reform to the high court last February in a bid to proceed without having to reopen the Constitution.

THE CANADIAN PRESS

Trouble in the skies

The senator's wife was found guilty of causing a disturbance during an Air Canada flight to Saskatoon last year.

- Passengers stated Maygan Sensenberger threatened to slit Rod Zimmer's throat but she claimed she was upset because her husband appeared to be having a heart attack.
- Zimmer supported his wife throughout the court proceedings and insisted repeatedly that he never felt threatened by her actions.



Apparent python strangling leaves city in utter disbelief

Two dead. Family and friends reminisce over brothers, struggle to cope with 'bad dream'

From left, Noah Barthe, Mandy Trecartin and Connor Barthe in an undated photo. RCMP in Campbellton, N.B., said the boys, aged four and six, were found dead Monday morning. FACEBOOK/THE CANADIAN PRESS

The deaths of two boys, who police believe were killed by an African rock python while they slept at a friend's apartment, has rattled the northern New Brunswick city of Campbellton, where the children were remembered Tuesday as fun-loving free spirits.

Noah and Connor Barthe, aged four and six, were found dead Monday after the 45-kilogram snake escaped its enclosure in the apartment, slithered through a ventilation system above and fell through a ceiling into the living room where they were sleeping, police said.

Dave Rose, the great uncle of the boys, said Noah was looking forward to starting kindergarten this fall before "this awful tragedy."

Rose said the boys were spending the day with family friend Jean-Claude Savoie, who took them shopping and to a farm before they returned to his apartment.

"They were two typical children; they enjoyed life to a maximum," Rose said.

The Facebook page of the boys' mother, Mandy Trecartin, shows a mom devoted to and proud of her boys.

"My two super handsome boys sporting their Christmas PJ's," Trecartin wrote on a photo of the boys in front of a Christmas tree last year.

"I can't believe this is real," Savoie told Global News on Monday. He said he didn't hear a sound and only discovered the "horrific scene" when he went into his living room that morning. At that point, Savoie said he pinned the snake down and put it in a cage. THE CANADIAN PRESS

Autopsy, necropsy

The search for answers continues

The RCMP said the boys were found dead Monday at around 6:30 a.m. in an apartment located above Reptile Ocean, an exotic pet store.

The RCMP said Monday they believe the snake strangled the boys, but Sgt. Alain Tremblay said Tuesday investigators are waiting for the results of an autopsy on the children as well as a necropsy on the snake.

Asked why anyone in the apartment didn't appear to have heard anything, Tremblay said that was still under investigation.

The snake was later captured by Savoie, who also owns Reptile Ocean.

Reptile Ocean in Campbellton, N.B. THE CANADIAN PRESS

It was later put down by a veterinarian and sent for a necropsy to help determine what may have prompted it to attack the boys, Tremblay said.

New Brunswick's Natural Resources Department said a special permit is required for African rock pythons and that the snake's owner didn't have one.

Urban moms at higher risk of postpartum depression: Study

The symptoms of postpartum depression are more intense and last longer than the typical baby blues. ISTOCK

New mothers living in big cities in Canada have a higher risk of postpartum depression than women in less populated areas, a study has found.

Postpartum depression can occur after a woman gives birth and is a serious health risk for both women and their babies. The symptoms are more intense and longer-lasting than the typical baby blues and may interfere with a mother's ability to care for her child.

The study, published Monday in the Canadian Medical Association Journal, is based on a 2006 national survey of almost 6,500 new mothers. It found that almost 10 per cent of the women living in cities with a population of at least 500,000 reported experiencing postpartum depression.

That's compared to six per cent of new moms in rural areas, almost seven per cent in semi-rural or small-town areas and about five per cent in semi-urban areas.

"Social support was a major factor," said lead author Dr. Simone Vigod, a psychiatrist at Women's College Hospital in Toronto. "So women in large urban areas were reporting much lower levels of social support than women in all three other groups."

Many large cities also have a higher percentage of immigrants.

"And those women in particular in our study appeared to be at increased risk," explained Vigod, adding that women whose families live elsewhere may not have the same kinds of support.

THE CANADIAN PRESS

Symptoms

Most new mothers experience mood disruptions. But symptoms of postpartum depression go beyond those reactions to include:

- Loss of appetite, insomnia, intense irritability and anger, lack of joy in life, feelings of guilt or inadequacy, difficulty bonding with the baby, and suicidal thoughts.

Rights investigation

Company sorry gay couple allegedly sent to back of bus

The company that runs the shuttle service to the Albuquerque, N.M., airport's rental-car centre is apologizing after a driver allegedly ordered a gay couple to sit in the back of the shuttle bus.

Standard Parking Inc. said it respects the equal rights of all customers and doesn't tolerate discrimination of any kind. It also said the employee was suspended after the company learned in July of the late June incident.

According to a police report, one of the men involved said they'd been holding hands and that the driver ordered them to the back when one of them started to sing.

THE ASSOCIATED PRESS

'No more pain'

Baby best man dies of leukemia

The mother of a terminally ill two-year-old Pennsylvania boy who served as his parents' best man at their wedding says he has died.

The boy, who had leukemia and other complications, was dressed in a tan pinstripe suit for Saturday's wedding. THE ASSOCIATED PRESS

Christine Swidorsky with her best man Logan Stevenson, 2. ERIC SCHMADEL/TRIBUNE REVIEW/THE ASSOCIATED PRESS

Climate change

Sea, snow and ice simmered in 2012, grand study shows

A massive U.S. study by the National Oceanic and Atmospheric Administration says the world in 2012 sweltered with signs of climate change. Rising sea levels, snow melt, heat buildup in the oceans as well as melting Arctic sea ice and Greenland ice sheets all broke or nearly broke records.

National Climatic Data Center director Tom Karl says surface temperatures haven't risen in the last 10 years, but he notes that is only a blip in time, subject to natural variability. Since records were first kept in 1880, all 10 of the warmest years ever have been in the past 15 years, NOAA records show. THE ASSOCIATED PRESS

Smart toilets a stinky idea?

There's an app for even that. Expert says new porcelain throne, which can be controlled remotely, is overflowing with bad and unsafe features

KATHRYN GILBERT
Metro World News

During technology security firm Trustwave's Home Invasion 2.0 presentation, a startling revelation was made: Using a smart toilet isn't all that safe. The remotely controlled Satis toilet can be operated by anyone with the complementary app, meaning it's ripe for mischief-making. Metro spoke to managing consultant Dan Crowley, who discovered the breach, about the toilet, as well as another worrying way in which your home can be hacked.

So, tell us about the toilet.
All that anyone has picked up on is the toilet, and it was actually the least important thing in that talk — I unlocked a door on a stage, and still the media only mentions the toilet.

OK, but let's discuss the toilet for a minute — have you actually heard of anyone hacking it?
It's funny you say that, as I went to this party after the presentation and I met a guy there who was very excited to see me. The toilets at this Vegas hotel were smart ones, and people were stealing all the water from them!

But do you think anyone would actually do any real harm with the hack?
Say a prime minister or president has a smart toilet. It keeps records of your bowel movements, and so people could discover stuff about their health. That's where it could be serious. I don't want to over-blow it, though.

Flush it! The remotely controlled Satis toilet brings technology, and possible privacy concerns, into the loo. METRO WORLD NEWS

Knowing what you now know, would you use a smart toilet?
To be honest, I don't think I would've used it before the presentation, but I'm doubly wary now.

You said the toilet was the least important discovery you made. What was the most important?
I found you could hack into Vera Lite (home-automation system), so you could enter someone's home when they're not around. The first time I contacted Vera Lite to tell them, they didn't respond, just like the toilet company. They're working with me now, though, since all the press attention.

"Say a prime minister or president has a smart toilet. It keeps records of your bowel movements, and so people could discover stuff about their health," says Dan Crowley, managing consultant of technology security firm Trustwave. GETTY IMAGES/ISTOCKPHOTO

Blob of fat, waste discovered in English sewer

This image shows part of a 15-tonne lump of fat and other debris the size of a bus coagulated in a sewer in London. THAMES WATER/THE ASSOCIATED PRESS

It may look like an iceberg, but there's nothing cool about it.

Utility company Thames Water in London says it has discovered what it calls the biggest "fatberg" ever recorded in Britain — a 15-tonne blob of congealed fat and baby wipes lodged in a sewer drain.

That's enough "wrongly flushed festering food fat mixed with wet wipes" to fill a double-decker bus such as the famous London Routemaster, the company said.

Thames Water deals with fatbergs all the time, thanks to the widespread use of household oil and food fat. But few reach the mammoth size of the one found under a road in the suburb of Kingston.

But with 108,000 kilometres of sewer pipes to monitor, and fatbergs forming around even a few wipes that catch on to a corner or a wall, Thames Water says it must be constantly vigilant.

This blockage — built up over an estimated six months — was discovered after residents in nearby apartment buildings were unable to flush their toilets.

Examination found that the mound of fat had reduced the 70-centimetre-by-48-centimetre sewer to just five per cent of its normal capacity. It damaged the sewers so badly that it will take six weeks to repair them.

The company said Tuesday that it was sharing news of the massive lard lump in the hope that customers will think twice about what they dump down the drain. It also released video footage of the fatberg, filmed by a remote vehicle gliding through the sewer like an underground amusement-park ride.

The company says untreated fatbergs cause flooding and backups.

"It's very lucky we caught this one," said Craig Rance, a spokesman for Thames Water.

Mind the fat.

THE ASSOCIATED PRESS

Focus on first class. JetBlue cuts legroom, in coach only

JetBlue Airways will cut one inch of legroom from its coach seats on transcontinental flights to make room for a new first-class cabin that will feature lie-flat beds.

The New York-based airline unveiled plans Monday for its first premium service on flights between New York and Los Angeles and San Francisco. It's part of a larger effort by the carrier to attract business travellers, who pay more for last-minute flights.

The new seats will debut on Airbus A321 planes in the second quarter of 2014. The planes will have 16 seats in the front cabin and 143 in the back. JetBlue planes currently have 34 inches from one row of coach seats to the next. That will shrink to 33 inches in the new configuration, said spokeswoman Tamara Young.

New slimmer seats, similar to what other airlines are installing, will help with the adjustment.

THE ASSOCIATED PRESS

Espresso and prostitutes

Accused owner of drive-thru brothels sues cops for cash

A woman accused of using her espresso stands as drive-thru brothels is suing the city of Everett, Wash., to recover $250,000 she says was wrongfully seized.

She owns the Java Juggs and Twin Peaks. She was arrested in June and accused of promoting prostitution, but has not been charged. The cash was seized in a search of her home.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
96.38¢ US (+0.13¢)

TSX
12,469.32 (-133.93)

OIL
$105.30 US (-$1.26)

GOLD
$1,282.50 US (-$19.90)

Natural gas: $3.32 US (flat)
Dow Jones: 15,518.74 (-93.39)

Dahong Investments Group Inc.
Office: 306-992-3255
Fax: 306-993-1939
107Albert St., Regina, SK Canada S4R 3B8
Doors • Security Cams • Electrical
Windows • Showers • Cabinets
Bidets • Counter Tops
Call for a FREE estimate
URGENTLY HIRING – Dahong Investments currently has full time openings for the following positions:
– 8 Roofers $20/hr
– 8 Painters $18/hr
– 6 Carpenters $22/hr
– 6 Floor Installers $20/hr.
– 6 Drywall Installers $22/hr
All permanent 40hr/week, WCB included.
Must have 3+ yrs exp. Resumés to info@dahong.ca

MORE MONEY THAN ... WELL, ME

JUST SAYIN'

Paul Sullivan
metronews.ca

What fun it must be to be a multibillionaire!

You can pretty much buy anything or do anything you want.

Consider Jeff Bezos, the founder of Amazon.com, net worth $25.2 billion US and the world's 19th-richest person. He just bought the Washington Post, one of America's most respected newspapers, for $250 million US out of his own pocket.

That's not quite as much as the Qatar royal family paid for Paul Cézanne's The Card Players: $259 million for the painting, one of five in a series, immediately making it the highest price ever paid for a work of art. For the rest of us punters, there's one in the Musée d'Orsay in Paris that looks just like it, and it costs only nine euros to get in. Look, but don't touch. If so inclined, the Qatar royal family can smear their Cézanne with ketchup.

Speaking of ketchup, billionaires are not only interested in buying interesting stuff — they also like to make interesting stuff. Just the other day, Sergey Brin, one of the Google billionaires and the world's 21st-richest person, funded the creation of a test-tube hamburger. An ordinary person would hit the drive-thru, but when you're a billionaire you can get them to whip up magic meat in the lab that tastes almost like the real thing, and no animals were harmed in the making of this burger. I wonder how much it would cost to create real bacon from scratch?

When ordinary people plan a surprise birthday party, it's a big deal if they rent a clown. When Lululemon founder Chip Wilson threw a surprise birthday party for his wife over the weekend, he rented the Red Hot Chili Peppers. He's only the world's 490th-richest person, but you can't buy that kind of cool, can you? What am I saying? Of course you can!

Of course, some billionaires prefer to continue to squander their wealth on conventional toys. Russian oligarch Roman Abramovich, the world's 107th-richest person, bought a yacht called the Eclipse for (once it's all outfitted) a rumoured $1.5 billion. Hard to believe, but at 162.5 metres, it's only the world's second-longest privately owned yacht. The longest is the Azzam, rumoured to be owned by powerful Saudi billionaire Al-Waleed bin Talal, the world's 26th-richest person.

Both the Eclipse and the Azzam are monuments to excess (or is that excessive monuments?). The Azzam is longer than a British Type 45 destroyer. The Eclipse has not one but two helicopter pads, carries a mini-sub on board and requires a crew of 70 to operate it.

Not every billionaire is so conspicuously consumptive. Speaking of ketchup (again), Warren Buffett, the world's fourth-richest man, just bought ketchup-maker Heinz for $23.2 billion. Even though Buffett is the richest man in America, he still lives in the same house in Omaha he bought in 1958 for $31,500.

Oh, and thanks to Bezos and his most recent purchase, Buffett's shares in the newspaper's parent company have increased in value 9,000 per cent.

Some multibillionaires just like to collect ... more money.

ZOOM

That steam engine is so crochet

SLAWEK FIJALKOWSKI

Artist crochets entire locomotive

The daily commute would be a cosy prospect if all trains looked like this. Textile artist Olek (a.k.a. Agata Oleksiak) has completed her largest piece ever, a Px48 steam locomotive and carriages covered in crochet. The Polish-born artist worked around the clock for two days in Łódź, Poland, to cover the train in yarn.

METRO WORLD NEWS

Q and A

It's old and new

OLEK
Artist, 35, born in Poland

What does it represent?

For me, it stands for my home nation of Poland. People here want change and to see new things. But we still have an older generation with an old-fashioned mentality.

Clickbait

LUKE SIMCOE
Metro Online

Unlike Facebook, Twitter doesn't require that you register with your real name. The nod to the kind of fluid identity that characterized earlier social networks has given rise to a plethora of parody accounts, ranging from brilliant satire to crude portrayals of Twitter's better-known users. Here are just a few that caught Metro's eye.

@PippaTips
A send-up of Pippa Middleton's much-derided Celebrate party-planning book, this parody account of Kate's lesser-known sister offers helpful advice like "headache tablets can be great in helping deal with a headache." Rumour has it that Pippa is considering legal action to have the account taken down.

@feministtswift
Taylor Swift's troubles with boys have been highly publicized, but this parody account sheds light on the Red singer's struggle against patriarchy, mashing her lyrics together with insights about sexism and social justice. Let's just say it puts the gender in Trouble.

@TOMayorFrod
Politicians have always been ripe targets for satire, and who better to skewer than embattled Toronto Mayor Rob Ford. As Mayor Frod's subtle name change suggests, the account walks a fine line between parody and truth and has more than once been mistaken for the real deal.

DARRON CUMMINGS / THE ASSOCIATED PRESS

Twitter

@metropicks asked: A town is shocked after a python killed two boys. Should Canada ban exotic pets? Which ones?

@jasminshirazi: I thought there already was a ban on dangerous/exotic pets?! This is so sad, and the lack of a ban is ridiculous.

@EilishMcL: like registered day homes, food and health inspectors; regulate & inspect housed exotic animals regularly & sporadically.

@BatestonBeauty: Unfortunately, you can't ban accidents.

@HulaNova: YES! All of them. They are not domestic creatures and they belong in the wild!

@matdey1980: Canada, land of cats and dogs only! You might want to double check the full list of exotic pets

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Movie review

We're the Millers

Director. Rawson Marshall Thurber

Stars. Jennifer Aniston, Jason Sudeikis

Ex-SNLer Jason Sudeikis plays Dave, a low-level drug dealer who agrees to smuggle an RV load of marijuana from Mexico to the United States to settle a debt. To cover his tracks, he recruits a stripper (Jennifer Aniston), a homeless street punk (Emma Roberts) and a neighbour (Will Poulter) to pose as his family. We're the Millers takes a good idea, mixes in some outrageous performances but spoils the promise of the premise with the last 20 minutes. **RICHARD CROUSE**

Movie review

Percy Jackson: Sea of Monsters

Director: Thor Freudenthal

Stars. Logan Lerman, Brandon T. Jackson, Stanley Tucci

Percy Jackson is feeling the sophomore slump. He saved the world once, but what if that's all he had in him? But a quest to find the fabled golden fleece and save his fellow demi-gods at Camp Half-Blood gives Percy a chance to prove his mettle. It doesn't match the mid-level heights of the original, but part two should satisfy established fans. **IAN GORMELY**

Matt's just taking the boot off his neck

Interview. Damon talks about everything from unreal body images to his value system that has him going against his own best interests

NED EHRBAR
Metro World News in Hollywood

Matt Damon stars in Elysium, which opens in theatres this weekend. CONTRIBUTED

When Matt Damon saw himself onscreen in Elysium — after months and months of diet and four-hour gym sessions to get him into to sci-fi action hero shape — all he could do was laugh.

"It just looked ridiculous to me," he says. "It's so indulgent, but it's part of the magic trick. I understood why (director Neill Blomkamp) needed me to look like that for that to establish the character. He didn't want any fat on me because he said, 'I want you to look almost Haitian, like you're incredibly fit but you've been working so hard and perhaps you've missed some meals.'"

While it worked for the film, Damon was happy to let the workout regimen lapse.

New looks

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight)."

Matt Damon
On what he looks like in different roles

"It's just not a natural way for somebody to look. These people who look that way are either genetic freaks or they're just living in a gym," he says.

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight) on The Informant! I think she just likes variety."

While he might not find it easy to relate to the look of his character, Max — an ex-con factory worker taking on the rich and powerful on their satellite sanctuary, Elysium, which is orbiting the ravaged slum Earth has become — he can at least understand him emotionally and intellectually.

"He's doing the best he can in a world that's getting increasingly difficult to live in," Damon says. "I think a lot of people can relate to that in this kind of prolonged economic downturn where it feels like the world keeps putting its boot on your neck a little more forcefully every day."

Speaking of the current state of the world, Damon has never been one to shy away from addressing political issues, and Elysium offers him a great chance to talk immigration, one of the major themes in the film.

"Look, it's a nation of immigrants and I'm from a family of immigrants, so yeah, clearly they're going to have to figure that one out," he says.

"But the politicians don't talk about it at all. They just see it as an issue where with the polling on it, they're just confused on which way to go. So the Republicans just send out Marco Rubio to speak Spanish to everybody."

Not to suggest, though, that Damon thinks he has all the answers.

"I don't have a comprehensive immigration plan, no. But I can work on it," he says.

As for relating to the havenots, like his character in the film? "F— them," Damon offers with a laugh.

"No, at least in my case I think the values that I have are consistent with the values I was raised with. I vote against my own self-interests constantly. I campaign against my own self-interests. If you're born with a silver spoon in your mouth, you're probably more likely to be the Koch brothers and think that you shouldn't pay taxes on things. I think it's just a question of where you come from."

RBC Royal Bank

MUCH MORE FOR $4

For $4 a month, RBC Day to Day Banking® gives you more for every dollar.

Get up to $100 in gift cards†.

VISIT AN RBC BRANCH AND SWITCH TODAY!
rbc.com/daytoday
1-866-335-2395

Advice you can bank on™

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † To get $100 worth of gift cards/certificates, you will need a total of 12,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions.

Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Lohan being very careful at crafting post-rehab image

Lindsay Lohan is looking to turn over a new leaf post-rehab, and she's doing it in New York City. The troubled actress has reportedly been apartment hunting in SoHo, according to E! News.

"The goal is to have her sober coach live with her full-time," a source says.

Her L.A.-based sober living coach — described by sources as "really fun" but "very strict" — would have to relocate to stay with his high-profile client.

The two were intending to head off on a European vacation this week, but those plans have been postponed.

"(Lohan) doesn't think it is the right thing to do," the source explains. "She is being very smart about all this."

Johnny Depp

If a movie flops in the forest and no one saw it, does anyone care?

Johnny Depp has a theory of his own as to why The Lone Ranger fizzled at the box office: It's the critics' fault.

"I think the reviews were written seven to eight months before we released the film," Depp tells Variety.

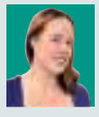
"I think the reviews were written when they heard (director) Gore (Verbinski) and (producer) Jerry (Bruckheimer) and me were going to do The Lone Ranger. They had expectations that it must be a blockbuster. I didn't have any expectations of that. I never do."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Usher's son nearly died in swimming accident



THE WORD
Dorothy Robinson
scene@metronews.ca

Sad news today from Atlanta: Usher Raymond V, Usher's oldest son with ex-wife, Tameka Raymond, is in the ICU due to almost drowning in the singer's pool.

According to TMZ, the five-year-old dove into their pool to fish a toy caught in the drain, trapping his hand underwater.

His aunt immediately dove in but couldn't pull him out. A maid also dove in.

Finally, two men working on the house were able to pull him free and give him CPR.

Usher, who was not home at the time of the accident, was able to return home in time to ride in the ambulance with his son to the hospital.

This is the last thing the Raymond family needs. Tameka's oldest son, Kile, from a previous relationship, died last year from a jet ski accident.

Oprah Winfrey

Oprah muses on Deen's racism

Oprah Winfrey is finally speaking out about the controversy that enveloped Paula Deen after her past use of racist language had come to light.

"In the very first days I tried to reach her and then I decided to stay out of it as I saw it blowing up," Winfrey tells Entertainment Tonight. "In time she will be fine. For me, it all just felt kind of sad."

Winfrey herself admits she doesn't deal with such language firsthand much anymore.

"Nobody in their right mind is going to call me the N-word," she says. "It shows up for me if I'm in a boardroom or situations where I'm the only woman or I'm the only African-American person within a hundred mile radius. I can see in the energy of the people there, they don't sense that I should be holding one of those seats."

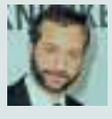
Halle Berry

Berry's baby bump limiting X-Men role

Next summer, if it looks like Halle Berry isn't on screen in X-Men: Days of Future Past as much as you'd like, blame her new baby.

"I wasn't in it as much as I was meant to be. (Pregnancy) kind of coloured what my involvement could be, which was why I was one of the first ones in and the first ones out," she tells Total Film. "My ever-growing belly was posing a constant challenge. What I could do was getting more limited, so the role I play is so different from what it could have been, due to my surprise pregnancy."

Twitter



@JuddApatow
Feels like there is too much of everything. I kind of liked it better when there were seven channels and 9 wasn't a good one.

@chriscolfer
Oprah's hugs are magical! Best morning ever!!!

@oliviawilde
Has it really been 10 yrs since we soaped up tv screens with The OC? Jesus. Was that legal? I remember lots of bronzer and kissing.

Ski-phobe guide to Banff and Jasper

With ample powder coating runs and majestic snow-capped mountains in the periphery at every turn, powder hounds and ski bunnies flock to Alberta's vaunted National Parks. But you don't have to be into the white stuff to enjoy these Parks Canada jewels.

STORY AND PHOTOS MIKE DOJC
life@metronews.ca

Get up close and personal with a glacier

Sipping from a 400-year-old natural snow cone at the Columbia Icefield's Athabasca Glacier, one of the largest hydrological wonders south of the Arctic Circle, I feel more refreshed than every athlete in every Gatorade commercial ever made.

Journeying along the spectacular Icefields Parkway (a.k.a Highway 93 north) to the borderline of Banff and Jasper National Parks, get ready to step back in time and experience a glimpse of the last ice age when woolly mammoths stomped along the frozen tundra. Tours aboard massive 30-tonne Brewster Ice Explorers (think tricked out Greyhounds with monster truck tires) depart every 15 to 30 minutes from the Columbia Icefield Discovery Centre.

It's an 80-minute adventure and you'll spend a good chunk of that time roaming the icy expanse. While you can cup your hands to imbibe the glacier fresh melt-water, it's best to tote along your own canteen or flask to spare your fingers from turning blue.

Float along the Bow or Athabasca River

While experienced rafters might prefer to paddle, camera-clutching sightseers will likely opt for a float trip, the sweat free alternative. It is as relaxing as a Venetian gondola ride only with the added thrill of the occasional chilly splash of shimmering glacial-silt-laden waters. During my guided float down the Atha-B (as the cool kids call it), the guide jokes that if we take a spill into the cold stuff we better take someone overboard along with us because he only bothers rescuing two or more. While the ride down this Canadian Heritage river is as tame as a kiddy roller coaster, the scenery is eye-popping spectacular and it's easy to imagine that traversing this waterway must have been the biggest perk of being a fur trader back in the day.

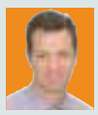
Skimming the river, the wild Rocky Mountain landscape unfolds with a cinematic effect. You can't help but gawk at the spruce tree flecked shoreline and mountains so beguiling they appear to be cribbed from the Paramount Pictures logo. The sheer beauty of the wild Rocky Mountain landscape comes alive from a river vantage.

Banff Springs Golf Club cart tour

You don't have to be the least bit curious about the type of grass used on the putting greens to appreciate this Stanley Thompson masterpiece. On the $25 cart tour you'll drive around the iconic Canadian track scoping out the rocky face of Mount Rundle and the tree covered slopes of Sulphur Mountain while your guide regales you with lore. Devil's Cauldron is a be-still-your-beating-heart-and-break-out-the-easel flagstick surrounded by sheer natural splendor. Featuring a glacial lake and rugged mountain backdrop, the spellbinding par-3 was shortlisted by Golf Magazine as one of the top 18 holes in the world. Another highlight is the horseshoe-shaped bunker on a hole known as The Goat, a sly wink by the designer telling golfers who have the misfortune of being forced to shoot over it, "Good luck." After taking in the sites, even novices will be itching to book a tee time. For experienced golfers looking for a challenge, the area is replete with top notch mountain courses including Jasper Park Lodge, Stewart Creek, and the Canmore Golf & Curling Club, to name a few. Canadianrockiesgolf.ca can set you up for a package deal.

Food

Good eats on the streets



ON THE MOVE
Loren Christie
life@metronews.ca

New bylaws and health regulations governing the sale of street food in cities from Calgary to Montreal have made food trucks this summer's hottest dining trend. Celebrity chef Michael P. Clive recently shared his insights on this unique culinary experience.

Why do you think food trucks have become so popular?
It's TV. No one talked about food trucks before food shows started plugging them. A handful of people who thought food trucks were cool zoomed in on them.

So why have they remained popular?
Food trucks offer a 20 to 25 minute fun meal experience, not the one hour investment plus that a restaurant requires. And on a sunny day, people want to eat outside. People like to stand around, mill about, talking about their food. People like the diversity of food that's being offering in these food trucks.

Do you eat off food trucks when you travel?
If it's clean. I want to see what the chefs are strutting. I am intrigued with the low overhead (costs of the food truck). I want to see if they are putting more into the food.

How do you know if it's clean? If it's safe to eat there?
First of all if they are on the street you have to believe they are abiding by bylaws and regulations. But take your own eyeballs and have a look at cleanliness. I look for a place that is clean, polished and organized. Do they have a theme worked out with their decor? If they care about the overall appearance, that's a good sign.

Most major cities in Canada are on the food truck bandwagon. ISTOCK

ELLE 3

Keep it classic with roasted chicken

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

There's nothing like a wonderfully well cooked roasted chicken. To keep it moist, I like to stuff it with a grain like this orange dried apricot couscous and a velvety apricot glaze.

1. Preheat oven to 400 F spray a roasting pan with vegetable oil.

2. Apricot glaze: Combine all ingredients until well mixed.

3. Bring chicken stock to boil in saucepan; stir in couscous, cover and remove from heat. Let stand 5 minutes; fluff with a fork. Add 3 tbsp apricot glaze, snow peas, carrots and apricots.

4. Loosely stuff chicken with some of the couscous. Place in roasting pan. Put remaining couscous stuffing in a casserole dish and cover. Set aside.

5. Brush whole chicken with some oil, salt and pepper and 2 tbsp of the apricot glaze. Bake for 1 hour, or until juices run clear when leg is pierced at thickest point or when temperature reaches 160 degrees F.

6. Put casserole with stuffing in oven for last 30 minutes of roasting time. Let chicken rest for 10 minutes before carving. Serve chicken with couscous and remaining glaze. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 3 lb roasting chicken

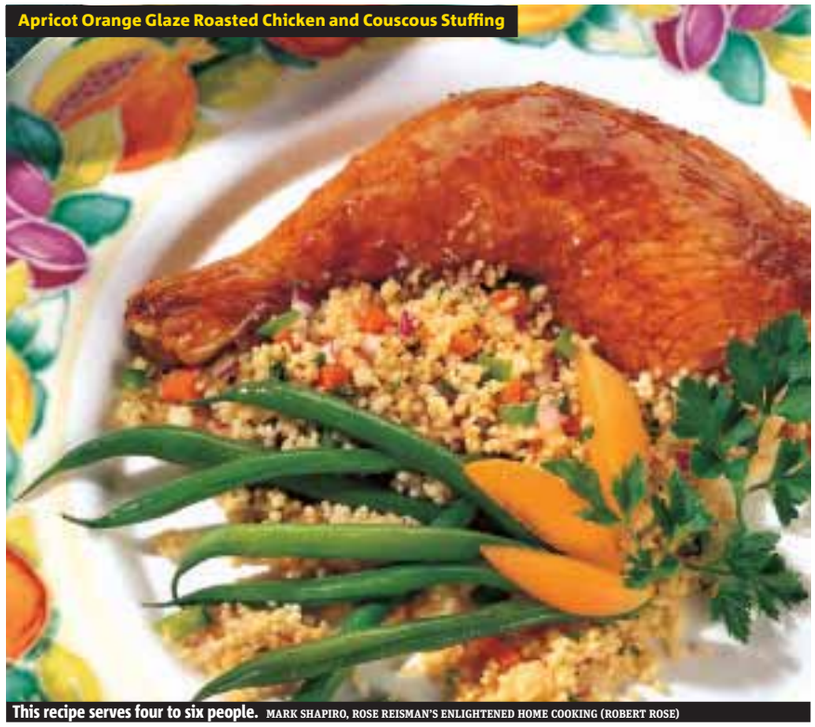
Apricot Glaze

- 3/4 cup apricot or peach jam
- 1/2 cup chicken stock
- 3 tbsp orange juice concentrate, thawed
- 1 tbsp soya sauce
- 1 tsp minced garlic
- 1 tsp minced ginger root

Couscous Stuffing

- 1 cup chicken stock
- 1 cup couscous
- 1 cup finely chopped snow peas
- 1/2 cup each finely chopped carrots and dried apricots

Apricot Orange Glaze Roasted Chicken and Couscous Stuffing



This recipe serves four to six people. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

Drink of the Week

Hennessy Sweet Tea

Try this rich, new take on a classic way to cool down.

- 1.5 oz Hennessy V.S
- 0.5 oz Grand Marnier
- 2 oz unsweetened cold tea
- 1 oz simple syrup
- 0.5 oz fresh lemon juice
- Garnish with a twist of orange

Add all liquids into a shaker tin with ice and shake until well chilled. Strain into a Collins glass over fresh ice and garnish with an orange twist.

RECIPE AND PHOTO COURTESY OF HENNESSY

JOIN US FOR OUR Grand Opening

LUNCH SPECIAL
FREE
CAN OF POP WITH PURCHASE OF A MEAL

SUPPER SPECIAL
10% OFF
PURCHASE OF MEAL & A DRINK

FREE MENU TASTING!
WED AUG 7TH
NOON TO 1:30 PM

CarawayGrill
INDIAN BISTRO
1625 BROAD STREET | 306-522-4243
HRS MON – FRI 11:30AM -10:30PM
SAT – SUN 12:00PM - 10:30 PM
carawaygrill.ca

Ooh, you're so very herbaceous, chicken!

This recipe is perfect for rainy summer days as the warm, creamy potatoes provide comfort and play the perfect partner to this herbaceous chicken.

1. Preheat the oven to 350 F (180 C) or 320 F (160 C) for convection oven and cook the chicken according to the Maggi pack instructions.

2. About 15 minutes before the end of the chicken cooking time, place the diced potato into boiling water for 5 minutes, then add the sweet potato and cook until the potatoes are tender. Roughly mash, adding butter, salt, and pepper to taste, then mash thoroughly.

3. Heat the oil in a pan and quickly sauté the broccoli until tender. Cover to keep warm.

4. Remove the chicken from the oven, leave to cool for a minute then cut the bag open and gently tip the contents into a dish.

5. Slice the chicken breasts into chunky pieces on a board, keeping the chicken breast shape together.

6. Serve the mashed potato topped with the chicken and remaining sauce with a side of broccoli.

NEWS CANADA/ MAGGI

Ingredients

- 4 chicken breasts
- 1 pack Maggi So Juicy Mixed Herbs
- 1 large Russet potato, peeled and diced
- 3 large sweet potatoes, peeled and diced
- 2 tbsp butter
- Black pepper and salt
- 1 tbsp olive oil
- 1 medium head of broccoli, cut into florets

Herbed Chicken with Sweet Potato Mash and Sautéed Broccoli

This recipe serves four. NEWS CANADA

One, two, three o'clock, four o'clock, stop

Asleep on the job? There are plenty of ways to avoid getting tired toward the end of your work day

ROSIE HALES
TalentEgg.ca

It's ironic that your energy drops most noticeably when you're at work, exactly when you need to be alert and focused. Fortunately, there are a few handy strategies that you can use to keep yourself from hitting a wall in the middle of the day.

Watch what you're snacking on

Cookies, chips, doughnuts, basically anything that is satisfying a sugar or carb craving is also going to give you a big sugar hangover later in the day.

If you want to fight off hunger, then high-protein foods are the key to staying awake and alert until you get home.

Snack on things like fruit, veggies, hummus, cheese and keep processed and sugary foods for the weekend, when you can indulge and then enjoy the nap that will inevitably follow.

Supplementing an already healthy diet with vitamins such as vitamin B and iron can also help keep you awake throughout the day.

Hydrate

If you find that hunger is making you crave the sweet stuff then try drinking instead of eating. No coffee or soda, just water. Good old H20 can be a good way of a) waking you up and b) filling you up. Research shows that if your body has just two per cent less water than it needs then you'll feel fatigued.

Take a break

Not taking a sufficient break at lunch time can also mean a bigger crash in the afternoon.

If you're constantly working at a computer then the screen can exhaust your eyes, making you feel more tired than you actually are. Giving your eyes a 20 second break from your computer screen every 20 minutes is a good rule of thumb. Also, make good use of your lunch hour.

These eyes are hurting! These eyes have seen a lot of work but they're never going to get a break unless you prioritize your personal health! ISTOCK

If the weather is good eat your lunch outside or go for a walk or a run. It's a great chance to clear your head and get some exercise in if you can.

Check out your sleep habits

If you're following these tips already and you're still hitting the wall then ask yourself, are you getting enough sleep? The average person needs anywhere between Seven and 10 hours of sleep a night. If you're cutting corners here, it may be time to stop. Count how many hours you're getting each night and decide if you maybe need to rethink your sleep schedule.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Let's get physical!

Get your blood pumping

- Offer to do a coffee run for the office, run up and down the stairs a few times, do some simple stretches — any of these will get your blood pumping and refresh you enough for the rest of the day.
- The increased circulation will help you regain some of the energy you've lost already and it never hurts to give your eyes that extra break from the screen.

A leaper of labour

I'm out of this office! Sporting a seriously long CV does not always mean you're a career commitment-phobe

MEGHAN GREAVES
TalentEgg.ca

In the course of your career, you'll meet a number of people who seem to constantly be finding, starting and leaving jobs.

These job hoppers can have a number of different motivations, so don't be too quick to jump to conclusions about their work ethic.

Here's a list of the most common kinds of job hopper. Are you one of them?

The high achiever

This job hopper's need to be at the top of the ladder is the main reason they constantly switch roles. They want to move up quickly in their industry, which means they're willing to take on roles that hold a higher level of responsibility and accountability.

How high and far will you hop to reach success? ISTOCK

This could mean working with their employer to develop a career plan or switching employers completely in order to obtain a higher-level position.

High achievers aren't scared to relocate, leave their current workplace or take on bigger challenges.

The dissatisfied searcher

The dissatisfied searcher is an employee who tends to wander before being able to settle down in their career.

This may be because they aren't sure what type of career is for them, haven't developed the background needed for their ideal role or are looking for something that isn't available to them at that particular point in time.

This type of job hopper may have a harder time finding a role they're happy in, as they're always looking for something more.

The got-to-have-it hopper

The got-to-have-it hopper has to be up-to-date and in the know about new opportunities in their field.

This type of hopper is savvy to new career opportunities that are out there and often applies to the ones that pique their interest.

They enjoy applying to different jobs just to see where it could take them. Sometimes this means a new career altogether!

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

RBC Royal Bank

MUCH MORE FOR $4

For $4 a month, RBC Day to Day Banking® gives you more for every dollar.

Get up to $100 in gift cards†.

VISIT AN RBC BRANCH AND SWITCH TODAY!
rbc.com/daytoday
1-866-335-2395

Advice you can bank on™

®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. † To get $100 worth of gift cards/certificates, you will need a total of 12,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions.

Understudies to exit CFL's centre stage

Week 7. It's back to the bench this week for backups Mitchell, Willy and Collaros

They all made headlines last week but it's back to the sidelines for backups Bo Levi Mitchell, Zach Collaros and Drew Willy.

The Toronto Argonauts and unbeaten Saskatchewan Roughriders will have starters Ricky Ray and Darian Durant back this week while veteran Kevin Glenn is available for the Calgary Stampeders. All three missed their respective teams' last games with injuries and had the benefit of a bye week to heal.

Ray returns to the Argos on Thursday night in Montreal after missing their 38-12 home win over B.C. on July 30 with a knee injury. Ray will wear a brace when East Division-leading Toronto (3-2) faces the Alouettes (2-3).

On Friday night, Durant will lead the Riders (5-0) into McMahon Stadium against Calgary (4-1) in a battle for top spot in the West Division. Incumbent Drew Tate was scheduled to start for the Stampeders but the club announced Tuesday he had suffered a setback with his injured right forearm and would be re-examined by doctors.

If Tate can't play, Glenn would start after missing Calgary's 37-24 win over Winnipeg on July 26 with a shoulder injury. Tate's last game action was in a 36-21 loss to Saskatchewan on July 5.

One turnover, no losses

1

There's much to like about Saskatchewan's perfect start to the season, but consider the Riders have turned the ball over just once through five games. By comparison, Winnipeg (1-5) has surrendered seven interceptions and seven fumbles, both league highs.

With both Tate and Glenn ailing, No. 3 Mitchell stepped in and threw for 376 yards and three touchdowns against Winnipeg. That earned Mitchell the CFL's offensive player of the week award.

Toronto headed into its bye week on a victorious note thanks in large part to Collaros. The second-year pro was 21-of-25 passing for 253 yards and three TDs versus B.C. in his first CFL start.

Ray was the CFL passing leader prior to being hurt with 1,203 yards. He has completed 75.4 per cent of his passes with eight TDs and no interceptions.

A lingering sprained right foot forced Durant to watch Willy lead Saskatchewan past Hamilton 32-20 on July 27 in Guelph, Ont. In just his second CFL start, Willy was 14-for-25 passing for 269 yards and three TDs as the Riders remained the league's lone unbeaten club.

Durant has factored heavily in Saskatchewan's early season success. He was 74-of-107 passing (69.2 per cent) through the Riders' first four games for 1,021 yards, with a league-leading 12 touchdowns and no interceptions.

THE CANADIAN PRESS

Rider QB Drew Willy threw three TDs in his second start of the season on July 27 against the Ticats. Willy returns to the sidelines when the Riders visit Calgary on Friday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada Summer Games

Armed man forces evacuation of athletes: Report

More than 40 athletes were evacuated from a Quebec university residence at the Canada Summer Games on Tuesday after police were called to a domestic disturbance at a house across the street.

"According to the initial information obtained, an armed man was in a house on Winder Street," said Martin Carrier, spokesperson for the Sherbrooke police.

"Due to the proximity of residences housing Canada Games athletes, an evacuation order was called."

THE CANADIAN PRESS

MLB

A-Rod's return a victory for YES

Alex Rodriguez's return had an immediate impact for the New York Yankees — on the team's television network.

A-Rod's first MLB game in 2013 drew the YES Network's highest rating this year for a Yankees game, an 8-1 loss at the Chicago White Sox on Monday night.

YES said the game had a 4.34 rating and averaged 393,000 viewers. The previous high was 4.16 rating for a 2-1 loss to the Mets on May 27.

Earlier Monday, Rodriguez was given a 211-game suspension through the 2014 season for violations of its drug agreement and labour contract.

THE ASSOCIATED PRESS

Canadian men riding high at Rogers Cup

It was a huge day for Canada at the men's Rogers Cup in Montreal.

Filip Peliwo, Frank Dancevic, Vasek Pospisil and Milos Raonic all pulled off three-set victories on Tuesday to advance to the second round of the $3.49-million US event.

With Jesse Levine of Ottawa's win on Monday, it put five Canadians into the second round.

The last time Canada had even three in the second round of the event that was once called the Canadian Open was in 1993.

"It's amazing," said Dancevic, who downed Lu Yen-Hsun of Taiwan 5-7, 7-6 (6), 6-1. "It's a Masters series event and pretty much everyone you play here is at a high level, ranked in the top 50, so to have (five) guys through the first round shows a lot about how far Canadian tennis has come along."

The 13th-seeded Raonic of Thornhill, Ont., took out Frenchman Jeremy Chardy 6-3, 4-6, 7-5 in the evening.

It was a first win in an ATP event this year for Dancevic, who has been doing well of late in lower-level tournaments.

Peliwo, who became the first Canadian male to win a junior grand-slam event at Wimbledon in 2012, staved off a match point with what he called a "lucky" shot at the net for a 3-6, 7-5, 3-1 win over 39th-ranked Jarkko Nieminen.

The Finnish left-hander was forced to retire in the third set with a hamstring injury.

Pospisil upset one of the hottest players on the ATP Tour as he outlasted 20th-ranked American John Isner 5-7, 7-6 (5), 7-6 (4). THE CANADIAN PRESS

Up-and-coming Canuck

"It's definitely the best feeling I've had in a while. It's such a big win for me."

19-year-old Vancouver native Filip Peliwo, who beat Finland's Jarkko Nieminen at the Rogers Cup.

Vancouver's Filip Peliwo
THE CANADIAN PRESS

Upscale experience loved in the Golf

Second gear.
2010-2013
Volkswagen Golf

JUSTIN
PRITCHARD
drive@metronews.ca

The 2010 to 2013 Volkswagen Golf delivered style and comfort with an eye for versatility, flexible operation and plenty of selection in the marketplace.

Countless variants of the popular German hatchback were available, including a sporty GTI model, a high-performance R variant, and an ultra-thrifty TDI. Our focus here will be on the mainstream models powered by the standard gasoline engine or the popular TDI diesel engine. The Golf was available in three or five-door, or as a wagon, with Trendline, Comfortline, Sportline and Highline models spanning basic to loaded, respectively. Available feature content included Bluetooth, leather seating, premium audio, auto climate control and more.

What owners like

This era of Golf is rated highly in terms of comfort, utility, ride quality and an overall upscale and sporty driving experience. Many owners say they love the Golf's cabin, which is attractively styled and highly functional.

Common issues

Ensure all motorized features work as expected — including all windows, the sunroof, power seats and power locks. Check the outboard bolster on the driver's side seat for signs of premature wear. All interior electronics should be checked and scrutinized. Be sure no Check Engine lights are illuminated, test the stereo system on both radio and CD modes, and be sure the air conditioner blows cold shortly after it's turned on. Engine problems seem fairly infrequent, with the majority of those reported online being sensor-related and relatively easy to diagnose and fix. On a TDI-powered model, ensure performance is smooth and seamless, that on-time oil changes have been carried out throughout the vehicle's life. Note that white, oily-smelling smoke shortly after startup of a cold engine could be a sign of a worn-out turbocharger. On a TDI powered model, ask a mechanic to check the fuel lines for possible signs of leaking. Issues with the available DSG transmission are typically sensor-related and not mechanical in nature—though shoppers who can drive a manual are advised to stick to their guns.

What owners dislike

Typical complaints include high up-front pricing, wind noise at high speed, and a mediocre standard stereo system. On models with larger wheels, expect a rougher ride, too.

CONTRIBUTED

Engine

Mainstream gas models got a 2.5 litre five-cylinder with 170 horsepower. The TDI engine was a 2 litre unit with 140. Look for manual, automatic or DSG gearboxes, depending on the model selected.

The verdict

Decent reliability, an upscale driving experience and plenty of selection in the used market mean used Golf shoppers should have no problem confidently finding a model to suit their needs.

No matter what it is, your car can be a fuel saver

Driving force.
Coasting, anticipating traffic and using the right gas are just some of the ways you can make savings without a green upgrade

JIL
MCINTOSH
drive@metronews.ca

As gas prices stay high or climb higher, many people may consider buying new vehicles with advanced technologies, such as hybrids or electric vehicles, to help ease the pain.

They can help, but the reality is that most drivers can enjoy better fuel economy in the vehicles they own right now, just by making some simple changes to their driving habits.

"With proper driving practises, you can save up to 25 per cent on fuel consumption, which could lead to savings of over $2,500 in five years," says Darlene Monkman, an associate at Stantec Consulting, which produces driving improvement videos and courses.

Monkman recommends five driving techniques: accelerate gently, avoid high speeds, maintain a steady speed, coast to decelerate, and anticipate traffic. While all of these together, used all the time, will result in the highest fuel savings, any of them will make a difference.

All of these need to be learned, but anticipating traffic may be the most difficult for some drivers. You need to look as far ahead as possible — right to the horizon, if you can — and watch for traffic issues that will require you to stop unnecessarily, since your vehicle uses the most fuel when starting out from a stop. This can include changing lanes to avoid stopped or turning vehicles, coasting to a red light so you're still moving when it turns green, or slowing down well in advance if traffic is stopped ahead. Driving this way is safer, and can also help your brakes last longer.

Maintaining a steady speed is also difficult for some drivers, who get into the habit of continually being on and off the throttle even on straight, flat roads.

In many cases, drivers may not even be aware they're driving like this. If you do, try accelerating gently and, once you've reached your target speed, keep your foot steady on the pedal.

"We have to learn all of this, because it isn't intuitive," Monkman says. "But it will become second nature once you've learned it. If I slam on my brakes because I didn't anticipate traffic, I feel guilty that I should have done better."

Dollar-saving advice

- **Warm briefly.** Even in cold weather, your engine only needs to warm up for about 30 seconds before you can drive away. Letting it run longer will only waste fuel.
- **Coast to bigger savings.** Most new cars momentarily shut off fuel to the engine when your foot's off the throttle, so coasting to decelerate is driving "for free."
- **Idling wastes fuel.** Turn your vehicle off if you're going to be sitting for more than a few minutes, and go into the store rather than line up in a drive-thru.
- **Fuel check.** Use the recommended grade of fuel for your vehicle. If it only requires regular fuel, using premium is a waste of money.

There are many ways you can save at the pumps. CONTRIBUTED

DRIVE

Caution: High-pressure family road trip

Autopilot. Not the smooth Chevy Impala nor the greatest vehicle on the planet could calm the storm that is a long journey with antsy kids

AUTO PILOT
Mike Goetz
drive@metronews.ca

The 2014 Chevrolet Impala does many things, but easing pressure created by travelling families is not one of them. CONTRIBUTED

The new Chevrolet Impala in action PHOTO: GM

We just completed one of our holiday-related road trips — five hours there, five hours back, with our two kids, now teenagers, in the back.
Oh man.

We borrowed the spiffy new 2014 Chevrolet Impala for this Ottawa trip. Along the way fellow motorists might have noticed the red Chevy serenely cruising down the highway, but they would not have noticed the ebb and flow of the atmosphere inside of it.

Sometimes it was great and exactly the kind of communal joy you hope for when families hit the road together.

Other times it was just nicely balanced, with everyone just peacefully doing his or her own thing.

But a few times it was under pressure and full of that special kind of misery that is only possible when families travel long distances to have fun.

Usually our family trips manage to have precious few of the latter experiences, but for some reason, this time out, both teenagers took hard lines over the common but disputed area in the middle of the back seat, where one could lay down a head, or curl up some feet.

At first they took turns using that extra space.

Then someone accused the other of slightly contravening the rules of engagement. The other took umbrage. The dispute quickly escalated to an absurd level. The combatants fought with volume and skill and extensive knowledge of the other's weaknesses, honed over years of experimentation and dedication.

The parental units tried their best to ignore such proceedings, knowing that a resolution was not going to be easy to come by amidst the emotion and acrimony, and the last thing the parents wanted to do on a holiday was actual, difficult parenting.

The tension over the initial episode never really subsided during the whole trip.

But ultimately we did have a great little get-away whitewater rafting on the Ottawa River.

Later, when discussing the fractious driving episode with friends and colleagues, and having them relate their own horror stories from this summer and summers long gone, I noticed that the vehicles in question mattered little. The episodes happened in big, old stations wagons, in nice, new minivans, in little hatchbacks, in roomy sedans.

Technology is working wonders on bettering fuel economy, performance, safety, comfort, reliability, etc., but when it comes to travelling together, no matter what the device, families will be families, and that's just the way it is.

novus
AUTO GLASS REPAIR & REPLACEMENT
We offer the finest products for cleaning and detailing cars, trucks and SUVs!
Meguiars
FUKKEN WAX
Surf City Garage
MOTHERS
Polishes•Waxes•Cleaners
Fukken Wax, Mothers, Surf City Garage and Meguiars have some of the best car waxes and polishes in the industry.
We guarantee we have something for you! Drop in today!
260 ALBERT STREET • 306.525.6444 • novus@sasktel.net • www.novusregina.com

Horoscopes

♈ Aries
March 21 - April 20
A parting of the ways may be necessary but you know it's for the best. You have important things to do, especially in your career, and you cannot allow personal feelings to come between you and success.

♉ Taurus
April 21 - May 21
It is important that you think only positive thoughts over the next 24 hours. You have such a strong imagination that if you let negative ideas take hold, they could easily become your reality. Don't let that happen.

♊ Gemini
May 22 - June 21
Don't waste time worrying about things that will probably never happen. The more time you spend fretting over minor matters, the less time you have to enjoy yourself.

♋ Cancer
June 22 - July 23
You may want to be critical of someone today but if you are smart you will bite your lip and say something nice instead. You have got to work with this person over the long-term, so don't start a feud.

♌ Leo
July 24 - Aug. 23
Something you have been asked to get involved with may look complicated but it's actually simple. Give it a go and before you know it, you will be the resident expert. Others will admire your dynamism.

♍ Virgo
Aug. 24 - Sept. 23
It does not hurt to be careful but there is a fine line between caution and suspicion and if you cross it today, you may find it hard to cross back again.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to tackle several things at once today but if you are smart you will take your time and take on one task at a time. That way, at least you'll get one thing finished.

♏ Scorpio
Oct. 24 - Nov. 22
Some people may tell you a job has to be done the way it has always been done in the past. But follow your instincts if they tell you something different.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have to do something you don't enjoy but don't complain. If nothing else, it will make you realize how fortunate you are that you don't have to do this sort of thing each day of your life.

♑ Capricorn
Dec. 22 - Jan. 20
If you are not in the mood to do anything serious today, you must let those around you know at the earliest opportunity. Otherwise, they will load you up with tasks that you don't care about.

♒ Aquarius
Jan. 21 - Feb. 19
Today, you may briefly wish you were somewhere else and doing something less challenging. But, once you get into what you are expected to do you will enjoy it immensely.

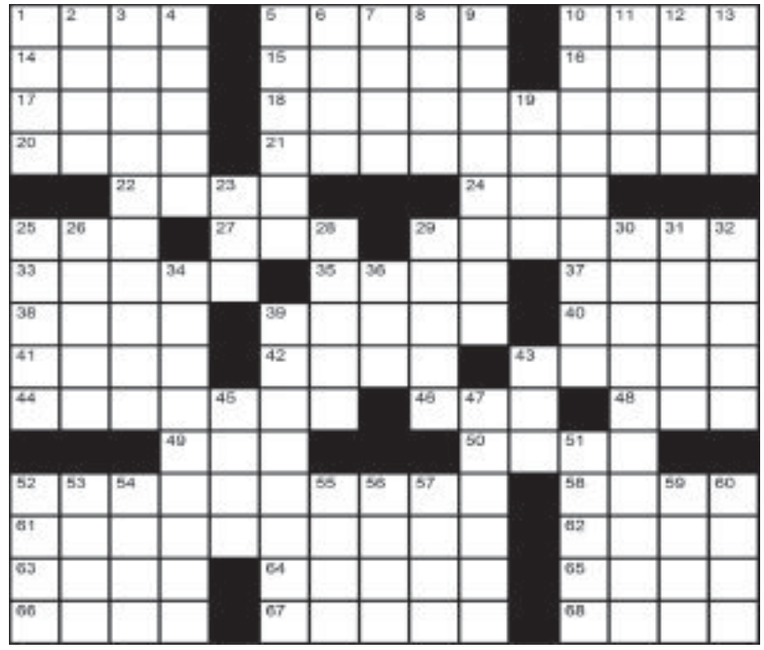
♓ Pisces
Feb. 20 - March 20
A sudden attraction is likely over the next 24 hours but if you are wise you will keep it on a fun and friendly level. If you let your passions rage, you could end up making promises you don't want to keep.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

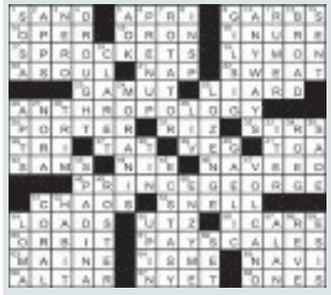
BY KELLY ANN BUCHANAN



Across
1. Zigs pals
5. Closes
10. Dollop
14. Earthen pot type
15. TV series creator Mr. Sorkin
16. River to the Ubangi
17. Don't upset the Sergeant
18. 1942 WWII-set drama starring Greer Garson and #44-Across: 2 wds.
20. Lacking
21. At-home holiday
22. __ contendere (Court plea)
24. Car company
25. Lettered insurance co.
27. "Go on..."
29. ATV = All-__ Vehicle
33. Haze/pollution mixtures
35. Give the hoodlum a hand
37. Latin pronoun
38. Bull: Prefix
39. Iron
40. Pepper's partner
41. Heraldic border
42. Be part of a mob
43. Scatter
44. Saint John-born actor, Walter __
46. Tibetan ox
48. "The A-Team" star, __. _
49. Aug., Sept., __....
50. "__'Rent Strokes" (Sitcom)
52. Warmed too much
58. Feudal fellow
61. _._. __ (Weyburn, SK-born author of 1947 novel Who Has Seen the Wind)
62. Region
63. Director Mr. Kazan
64. Deed
65. Wound's remnant
66. Actress Laura
67. War horse
68. "Take this..."

Down
1. Animal attractions
2. Actress Jessica
3. Canadian classical pianist/broadcaster: 2 wds.
4. Authorization
5. Biblical hair guy
6. Rodgers and __ (Broadway composers)
7. Constellation bear
8. "Skip, skip, skip __ Lou...": 2 wds.
9. "Lemony __ A Series of Unfortunate Events" (2004)
10. Randy Bachman, for one
11. Actor, Zachary __
12. Margarine
13. City in Switzerland [var. sp.]
19. "CBC News Now with Reshmi __"
23. __ Cruces, New Mexico
25. Put _ __ to (Halt)
26. Porcelain piece of Japan
28. "Beyond the Sea" singer Bobby
29. Petulant
30. Home security systems company based in Toronto
31. More maladied
32. __ __. (Food packaging meas.)
34. Chant for music-making monks
36. Q. "Alphabet's 15 letter...?" A. "That would __ _."
39. Defends
43. Jet __ (Beach watercraft)
45. Genuine
47. Perplexed
51. USB __ drive
52. Due
53. Mouse-like critter
54. Gulf leader [var. sp.]
55. Take _ __ (Be setback)
56. Head: French
57. Canadian plus-size clothing chain, Addition __
59. Raise
60. Challenge

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

				8		4	7	9
7	6		9	3			8	
						1		
			1					3
9	5		2		4		1	8
1					8			
		9						
	4			6	3		9	2
8	3	2		1				

Yesterday's Sudoku

5	4	9	1	2	6	8	7	3
7	1	8	5	9	3	4	2	6
2	3	6	7	4	8	1	9	5
1	2	3	8	5	9	6	4	7
9	6	4	2	3	7	5	8	1
8	5	7	4	6	1	9	3	2
6	9	2	3	1	4	7	5	8
4	8	5	6	7	2	3	1	9
3	7	1	9	8	5	2	6	4

visit metronews.ca

metro

EMPLOYEE PRICING

Sarah M. and her uncle **Tony R.**
Ford Employee Ford Retiree

Bill H. and his son **Greg H.**
Ford Retiree Ford Employee

WE'VE ALWAYS SHARED OUR PASSION.

NOW WE'RE SHARING OUR PRICE.†

WITH UP TO **$14,000*** IN TOTAL PRICE ADJUSTMENTS

On most new 2013 models
(F-150 SuperCrew Platinum 4x4 5.0L amount shown)

F-150 OFFERS BEST IN CLASS PAYLOAD‡ POWER‡ TOWING‡

F-SERIES CANADA'S BEST-SELLING TRUCKS 47 YEARS††

10Best CAR DRIVER 2013

Titanium model shown

2013 FOCUS S

5.5L/100km 51MPG HWY** 7.8L/100km 36MPG CITY**

Employee Price Adjustment ///	$620
Delivery Allowance ///	$250
Total Price Adjustments ///	$870

SHARE OUR EMPLOYEE PRICE **$16,779***

OR OWN FOR ONLY

$99^^ BI-WEEKLY @ 1.99% APR PURCHASE FINANCING FOR 84 MONTHS

NOW WITH $0 DOWN | OFFERS INCLUDE FREIGHT AND AIR TAX.

WELL EQUIPPED WITH: 160hp 2.0L I-4 Engine /// Air Conditioning /// Active Grille Shutters **AND MUCH MORE.**

Titanium model shown

2013 ESCAPE SE

FWD 1.6L ECOBOOST

6.0L/100km 47MPG HWY** 9.1L/100km 31MPG CITY**

Total Price Adjustments ///	$2,019

SHARE OUR EMPLOYEE PRICE **$24,880***

OR LEASE AN ESCAPE SE AWD 2.0L FOR ONLY

$299^ PER MONTH @ 0% APR FOR 36 MONTHS

WITH $750 DOWN | OFFERS EXCLUDE FREIGHT AND AIR TAX.

WELL EQUIPPED WITH: MyFord® with 4" Colour Display /// Air Conditioning /// Active Grille Shutters **AND MUCH MORE.**

Platinum model shown

2013 F-150 XLT

SUPER CAB 4X4 5.0L

10.6L/100km 27MPG HWY** 15.0L/100km 19MPG CITY**

Employee Price Adjustment ///	$4,423
Delivery Allowance ///	$7,250
Total Price Adjustments ///	$11,673

SHARE OUR EMPLOYEE PRICE **$27,526***

OR LEASE FOR ONLY

$335^ PER MONTH @ 0.99% APR FOR 24 MONTHS

WITH $1,500 DOWN | OFFERS EXCLUDE FREIGHT AND AIR TAX.

WELL EQUIPPED WITH: 17" Machined Aluminum Wheels /// AdvanceTrac® with RSC® /// Trailer Sway Control **AND MUCH MORE.**

PLUS $1,000 LOYALTY & CONQUEST CUSTOMER CASH††

For qualified customers towards most Ford SUV/CUV/Trucks

YOU PAY WHAT WE PAY.

SIMPLY VISIT YOUR PRAIRIE FORD STORE OR PRAIRIEFORD.CA TO GET YOUR EMPLOYEE PRICE TODAY.

Ford

Go Further

prairieford.ca

SiriusXM

Available in most new Ford vehicles with 6-month pre-paid subscription

While they last. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled or changed at any time without notice. See participating dealer for complete details. Dealer order or trade may be required. Some customers may not qualify. Offers cannot be combined with other offers, except where noted. Offers apply to new, unregistered 2013 Ford vehicles purchased from participating dealer inventory. Dealer may trade or lease for less. Not all vehicles available. Dealer may sell for less or lease for more. Dealer order or trade may be required. Some customers may not qualify. Offers cannot be combined with other offers, except where noted. Offers apply to new, unregistered 2013 Ford vehicles purchased from participating dealer inventory